



Heard It through The Grapevine

JULY 2010

**The Vision of The
Grapevine Center,
Inc.**

Published By Consumers

**Blending good
people with better
choice for the best
recovery.**

Upcoming Events

Grapevine Board
of Directors

July 23rd, 2010 Community Meeting 2
PM

July 26th, 2010 Kennywood Picnic 10 AM

August 2nd, 2010 Community Meeting 2 PM

August 3rd, 2010 Butler Fair 5 PM

August 8th, 2010 WalMart trip 11:30 AM

August 8th, 2010 Pool Tournament 2 PM

August 10th, 2010 Farm Show 5 PM

August 11th, 2010 Pool Tournament 2 PM

Jack McKenna, President

Debbie Dalton,
Vice President

Nancy Lamison,
Treasurer

Marcia Schoeffel,
Secretary

Michelle Gould

Jayne Campbell

George Neigh

Becky Seyler

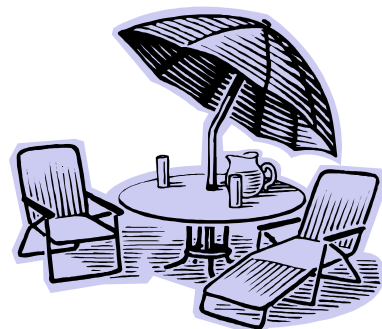
Nancy Nicklas

Sue Novosel

Gail Steck

Dena Martinez

Michael Sherman

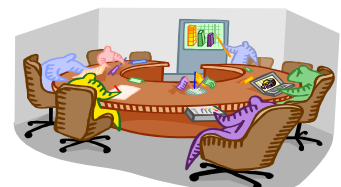


Group From Grapevine Attends Annual P.M.H.C.A. Conference

A group of ten people traveled to Valley Forge, in Philadelphia to attend the annual Pennsylvania Mental Health Consumers Association (P.M.H.C.A.) conference. The PMHCA is the recognized statewide association of current and former recipients of mental health services. The association is a 501(c)(3) organization that was founded

In 1986 by consumer advocates who recognized the need for the consumer voice in all aspects of the mental health system's program and policy development, implementation, and monitoring. Additionally, the organization was founded to provide individual and legislative advocacy, as well as education and support for con-

summers throughout the commonwealth. This was the 22nd annual conference.



Poetry Corner

A Sports Fairy Tale

By

Jack Ferguson

I wish that I might someday see
An end to all free agency
And athletes jumping year to year
From team to team their whole career

A Yankee team whose salaries yet
Do not exceed the national debt
A pitcher who would stand his ground
When irate hitters charge the mound

A clean-up hitter so sublime
To not strike out two hundred times
Not boasting with unholy glee
That he once hit .263

A tackle who would bust his tail
Because his drug test did not fail
A running back avoiding jail
A tight end not requiring bail

A safety and a corner give
An effort not to be a sieve
No letting wideouts have all day
To make a simple routine play

A flanker did, I do recall
Just once refused to spike the ball
His touchdown dance he did eschew
For once a brawl did not ensue

A forward passing up a dunk
Not talking trash or other junk
Complaining to the referee
About a call he didn't see

A boxer who would have the class
To cease to brag and not be crass
To have a chin not made of glass
And not to quit when out of gas

I think that they should drug-test me
I've lost touch with reality

“dedicated without thanks to George Steinbrenner,
Mark Gastineau, Pac-Man Jones, Keyshaun Johnson,
Albert Belle, Dave Kingman, Dennis Rodman,
Darryl Dawkins, and Roberto Duran
(No Mas)

Have you ever?

By

Kayla McDade

Have you ever lived my life, spent one minute in my shoes?
If you haven't then tell me why, you judge me as you do.

Have you ever woken up in the morning, wondering if this
was your last day on Earth?

Have you ever left your house, unsure if you'd return?

Have you ever seen your friend get stabbed, outside his
favorite store?

Have you ever seen a friend die, from drugs he'd never
used before?

Have you ever seen your mom get beat up, by your step
dad, messed up on booze?
Have you ever had an unwanted pregnancy, forcing you to
choose?

Have you ever sat beneath the stars, hoping God will hear?
Have you ever seen your friend drive away, after way too
many beers?

Have you ever had a friend, experiment with weed?
Have you ever covered up guilt, by doing a good deed?

Have you ever considered suicide as the only way?
Have you ever tried to hide yourself behind things you say?

Have you ever wanted to protect your friends and everyone
in sight?

Have you ever felt such pain that you cried yourself to
sleep at night?

Have you ever lived my life, spent one minute in my shoes?
If you haven't then tell me why, you judge me as you do.



Poetry Corner Continued

Island Of Dreaming
By
Phillip Galli

On a castle island of circular concentric walls resisting
the crashing sea;
Stands a house where higher emotional reason rescued
me.

I in a boat lost on the dark ocean alone and hidden in
emotion.

Until I was propelled on a gossamer beam of light across
the sea across the night.

A light house shown in thoughts of four;
I in a boat landed on the shore.

I climbed upon the rocks smashed by the sea and en-
tered the house at night with a lantern to all the floors
and rooms I did see.

When dawn upon the castle had first awoke
I remember the voice of reason that spoke:

I am the sound of the word onward she spoke

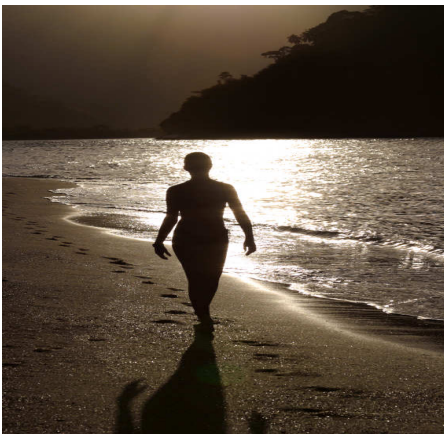
With your thoughts you cannot remain
Separate nor flee from every emotion
That you have turned around to see

And with your new turned emotions you cannot under-
stand every thought like every grain of sand

So on these two planes reason cannot just remain;

So know that from innocence shall return
Knowledge that wisdom does yearn

on the castle green you'll learn



Again
By
Kayla McDade

If when you wake me up in the morning,
And the hurting is so great.
You don't want to get out of bed,
And face a world of hate.

If everything in life goes wrong,
And nothing you do seems right
You just try a little harder,
And soon you'll see the light.

For every person who has put you down,
And filled your life with pain,
You must thrive to achieve greatness,
And show them you can win.

For every disappointment,
For the time you are let down,
There will be a better moment,
And your life will turn around.

Because everyone feels heartache,
And everyone feels pain,
But only those who have true courage,
Can get up and try again.

Angels and Eagles
By
Phillip Galli

I fold my eyes in angels wings where the birds of perception in
the winds to sing;

Circling through the air making rings of fire there.

Rings of fire cut holes in the wind,
And that is where the ocean pours in.

Through ignorance unknowing clouds dispense
Where self knowledge does commence.

My angels eyes unfold and awake sleeping dreams

Where higher emotional centers behold a place
Where angels and eagles fly

A place where ignorant thoughts cannot remain in the sky.

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POETRY CORNER

**GRAPEVINE
CENTER, INC.**

140 North Elm Street
Suite B
Butler, PA 16001
Phone: 724-283-1704
Fax: 724-283-8635 :

Email: grapevine@zoominternet.net
Web: <http://grapevinecenter.org>

**We're on the Web;
grapevinecenter.org**

Dear Betty



Betty will answer questions submitted to her through her mailbox. You may submit any type of question.

Question:

Reply:

Question:

Reply:

Mary Lou's Corner

Blonde Brownies

- 2 C Flour
- 2 t Baking Powder
- 1/2 C Butter
- 2 C Packed Brown Sugar
- 2 Eggs
- 1 t Vanilla
- 1 C Chopped Walnuts

Directions:

Grease a 13x9x2 inch Baking Pan

Combine Flour, Baking Powder & 1/4 t salt. Melt Butter, remove from heat. Stir in the Sugar. Add Eggs & Vanilla, stir until combined. Stir dry

Ingredients & Walnuts into Sugar mixture. Spread into pan. Bake at 350 oven for 20 to 25 minutes. Cut into bars while warm. Makes 48 bars.



Pool Tournament Results

June 15, 2010



Tammy G.
_____Bob N.
Bob N.

Shirley B.
_____Shirley B.
Mary H.

Larry G.
_____Larry G.
Sue S. _____Larry G.

Anita M.
_____Adam B.
Adam B. _____Larry G., Champion

Kayla M.
_____Mark D.
Mark D. _____Mark D.

John B.
_____John L.
John L.

Dalton B.
_____Dalton B.
Joe M.

The Prayer of St. Francis

Lord, make me a channel of
 thy peace,
 That where there is hatred, I
 may bring love;
 That where there is wrong, I
 may bring the spirit of
 forgiveness;
 That where there is discord,
 I may bring harmony;
 That where there is error, I
 may bring truth;
 That where there is doubt, I
 may bring faith;
 That where there is despair,
 I may bring hope;
 That where there are
 shadows, I may bring light;
 That where there is sadness,
 I may bring joy.
 Lord, grant that I may seek
 rather to comfort than to be
 comforted;
 To understand, than to be
 understood;
 To love, than to be loved.
 For it is by self-forgetting
 that one finds.
 It is by forgiving that one is
 forgiven.
 It is by dying that one
 awakens to eternal life.

Pool Tournament Results

June 30, 2010

Mark D.
 _____Adam B..
 Adam B. _____Dalton B.
 Dalton B.
 _____Dalton B.
 Tammy G.
 Steven J.
 _____Ken F.
 Ken F. _____Ken F.
 Victor S.
 _____Anita M.
 Anita M. _____Earnest M.,
 Champion
 Robert W.
 _____Robert W.
 Audrey _____Earnest M.
 Shirley J.
 _____Earnest M.
 Earnest M.

I have had only
 three assets: I was
 keenly interested, I
 accepted every
 challenge and every
 opportunity to learn
 more, and I had
 great energy and
 self discipline.

Eleanor Roosevelt

